

## 17. Rituitslag Dames 3000 meter

		Naam	Cat	Baan	PR	Tijd	Info
1	wt	130 <b>Bente Kerkhoff</b>	DA2	HRN	4:21.92	<b>4:14.61</b>	PR
	rd	124 <b>Eline Jansen</b>	DA2	DEV	4:16.45	<b>4:16.75</b>	

### Bente Kerkhoff

200m	20.30	(20.30)
600m	51.41	(31.11)
1000m	1:23.97	(32.56)
1400m	1:56.91	(32.94)
1800m	2:30.21	(33.30)
2200m	3:04.11	(33.90)
2600m	3:38.96	(34.85)
3000m	4:14.61	(35.65)

### Eline Jansen

200m	21.21	(21.21)
600m	53.05	(31.84)
1000m	1:25.69	(32.64)
1400m	1:59.00	(33.31)
1800m	2:32.70	(33.70)
2200m	3:06.75	(34.05)
2600m	3:41.38	(34.63)
3000m	4:16.75	(35.37)

		Naam	Cat	Baan	PR	Tijd	Info
2	wt	149 <b>Maaïke Verweij</b>	DN1	HVN	4:20.61	<b>4:09.49</b>	PR
	rd	119 <b>Robin Groot</b>	DN1	ALK	4:13.09	<b>4:09.86</b>	PR

### Maaïke Verweij

200m	21.21	(21.21)
600m	51.91	(30.70)
1000m	1:22.97	(31.06)
1400m	1:54.95	(31.98)
1800m	2:27.31	(32.36)
2200m	3:00.40	(33.09)
2600m	3:34.41	(34.01)
3000m	4:09.49	(35.08)

### Robin Groot

200m	20.68	(20.68)
600m	52.50	(31.82)
1000m	1:23.90	(31.40)
1400m	1:55.72	(31.82)
1800m	2:28.13	(32.41)
2200m	3:01.38	(33.25)
2600m	3:35.29	(33.91)
3000m	4:09.86	(34.57)

# WK Kwalificatie Toernooi

Thialf - Heerenveen  
26 t/m 28 december 2020

		Naam	Cat	Baan	PR	Tijd	Info
3	wt	133 <b>Gioya Lancee</b>	DN3	HVN	4:12.69	<b>4:06.25</b>	PR
	rd	123 <b>Sanne in 't Hof</b>	DN4	DEV	4:07.16	<b>4:06.97</b>	PR
<b>Gioya Lancee</b>			<b>Sanne in 't Hof</b>				
		200m	20.19	(20.19)	200m	20.19	(20.19)
		600m	51.08	(30.89)	600m	51.06	(30.87)
		1000m	1:22.07	(30.99)	1000m	1:22.49	(31.43)
		1400m	1:54.00	(31.93)	1400m	1:54.29	(31.80)
		1800m	2:25.85	(31.85)	1800m	2:26.51	(32.22)
		2200m	2:58.37	(32.52)	2200m	2:59.27	(32.76)
		2600m	3:32.07	(33.70)	2600m	3:33.36	(34.09)
		3000m	4:06.25	(34.18)	3000m	4:06.97	(33.61)

		Naam	Cat	Baan	PR	Tijd	Info
4	wt	111 <b>Ineke Dedden</b>	DSA	HVN	4:07.12	<b>4:09.87</b>	
	rd	122 <b>Aveline Hijlkema</b>	DSA	HVN	4:08.57	<b>4:06.70</b>	PR
<b>Ineke Dedden</b>			<b>Aveline Hijlkema</b>				
		200m	20.16	(20.16)	200m	20.31	(20.31)
		600m	51.14	(30.98)	600m	51.50	(31.19)
		1000m	1:22.66	(31.52)	1000m	1:23.18	(31.68)
		1400m	1:54.76	(32.10)	1400m	1:55.06	(31.88)
		1800m	2:27.48	(32.72)	1800m	2:27.32	(32.26)
		2200m	3:00.93	(33.45)	2200m	2:59.82	(32.50)
		2600m	3:35.45	(34.52)	2600m	3:32.88	(33.06)
		3000m	4:09.87	(34.42)	3000m	4:06.70	(33.82)

# WK Kwalificatie Toernooi

Thialf - Heerenveen  
26 t/m 28 december 2020

		Naam	Cat	Baan	PR	Tijd	Info
5	wt	107 <b>Roza Blokker</b>	DSA	HAA	4:06.21	<b>4:09.23</b>	
	rd	131 <b>Esther Kiel</b>	DSA	HVN	4:07.88	<b>4:08.90</b>	
		<b>Roza Blokker</b>			<b>Esther Kiel</b>		
		200m	20.02	(20.02)	200m	20.01	(20.01)
		600m	51.45	(31.43)	600m	51.42	(31.41)
		1000m	1:23.48	(32.03)	1000m	1:23.32	(31.90)
		1400m	1:55.92	(32.44)	1400m	1:55.59	(32.27)
		1800m	2:28.45	(32.53)	1800m	2:28.35	(32.76)
		2200m	3:01.56	(33.11)	2200m	3:01.51	(33.16)
		2600m	3:34.96	(33.40)	2600m	3:35.09	(33.58)
		3000m	4:09.23	(34.27)	3000m	4:08.90	(33.81)

		Naam	Cat	Baan	PR	Tijd	Info
6	wt	106 <b>Joy Beune</b>	DN3	ENS	3:59.47	<b>3:59.89</b>	
	rd	157 <b>Ireen Wüst</b>	DSB	TIL	3:58.01	<b>4:03.53</b>	
		<b>Joy Beune</b>			<b>Ireen Wüst</b>		
		200m	19.67	(19.67)	200m	19.57	(19.57)
		600m	49.35	(29.68)	600m	49.51	(29.94)
		1000m	1:19.66	(30.31)	1000m	1:20.50	(30.99)
		1400m	1:50.51	(30.85)	1400m	1:51.43	(30.93)
		1800m	2:21.88	(31.37)	1800m	2:22.65	(31.22)
		2200m	2:54.05	(32.17)	2200m	2:54.26	(31.61)
		2600m	3:26.63	(32.58)	2600m	3:27.92	(33.66)
		3000m	3:59.89	(33.26)	3000m	4:03.53	(35.61)

# WK Kwalificatie Toernooi

Thialf - Heerenveen  
26 t/m 28 december 2020

		Naam		Cat	Baan		PR	Tijd	Info
7	wt	150	<b>Evelien Vijn</b>		DA1	HRN		4:06.76	<b>4:07.71</b>
	rd	109	<b>Merel Conijn</b>		DA2	HRN		4:08.03	<b>4:14.75</b>
			<b>Evelien Vijn</b>				<b>Merel Conijn</b>		
		200m	20.26	(20.26)		200m	20.83	(20.83)	
		600m	51.46	(31.20)		600m	52.42	(31.59)	
		1000m	1:23.10	(31.64)		1000m	1:25.25	(32.83)	
		1400m	1:55.16	(32.06)		1400m	1:58.69	(33.44)	
		1800m	2:27.64	(32.48)		1800m	2:32.54	(33.85)	
		2200m	3:00.73	(33.09)		2200m	3:06.48	(33.94)	
		2600m	3:33.97	(33.24)		2600m	3:40.24	(33.76)	
		3000m	4:07.71	(33.74)		3000m	4:14.75	(34.51)	

		Naam		Cat	Baan		PR	Tijd	Info
8	wt	151	<b>Esmee Visser</b>		DSA	HAA		3:54.02	<b>4:02.23</b>
	rd	125	<b>Antoinette de Jong</b>		DSA	HVN		3:56.18	<b>3:57.32</b> TR
			<b>Esmee Visser</b>				<b>Antoinette de Jong</b>		
		200m	20.23	(20.23)		200m	19.86	(19.86)	
		600m	50.96	(30.73)		600m	49.34	(29.48)	
		1000m	1:22.18	(31.22)		1000m	1:19.20	(29.86)	
		1400m	1:53.64	(31.46)		1400m	1:49.74	(30.54)	
		1800m	2:25.30	(31.66)		1800m	2:20.88	(31.14)	
		2200m	2:57.28	(31.98)		2200m	2:52.56	(31.68)	
		2600m	3:29.41	(32.13)		2600m	3:24.92	(32.36)	
		3000m	4:02.23	(32.82)		3000m	3:57.32	(32.40)	

# WK Kwalificatie Toernooi

Thialf - Heerenveen  
26 t/m 28 december 2020

		Naam	Cat	Baan	PR	Tijd	Info
9	wt	102 <b>Reina Anema</b>	DSA	HVN	4:01.80	<b>4:01.12</b>	PR
	rd	156 <b>Melissa Wijffe</b>	DSA	HAA	4:01.07	<b>4:01.55</b>	
<b>Reina Anema</b>			<b>Melissa Wijffe</b>				
		200m	19.80	(19.80)	200m	19.72	(19.72)
		600m	49.90	(30.10)	600m	50.07	(30.35)
		1000m	1:20.60	(30.70)	1000m	1:20.72	(30.65)
		1400m	1:51.79	(31.19)	1400m	1:51.73	(31.01)
		1800m	2:23.15	(31.36)	1800m	2:23.14	(31.41)
		2200m	2:55.15	(32.00)	2200m	2:54.90	(31.76)
		2600m	3:27.92	(32.77)	2600m	3:27.60	(32.70)
		3000m	4:01.12	(33.20)	3000m	4:01.55	(33.95)

		Naam	Cat	Baan	PR	Tijd	Info
10	wt	101 <b>Carlijn Achtereekte</b>	DSB	DEV	3:54.92	<b>4:03.01</b>	
	rd	139 <b>Irene Schouten</b>	DSA	HRN	3:58.07	<b>3:57.87</b>	PR
<b>Carlijn Achtereekte</b>			<b>Irene Schouten</b>				
		200m	19.60	(19.60)	200m	19.81	(19.81)
		600m	49.68	(30.08)	600m	50.03	(30.22)
		1000m	1:20.19	(30.51)	1000m	1:21.02	(30.99)
		1400m	1:51.32	(31.13)	1400m	1:52.25	(31.23)
		1800m	2:22.80	(31.48)	1800m	2:23.42	(31.17)
		2200m	2:55.13	(32.33)	2200m	2:54.49	(31.07)
		2600m	3:28.34	(33.21)	2600m	3:26.20	(31.71)
		3000m	4:03.01	(34.67)	3000m	3:57.87	(31.67)